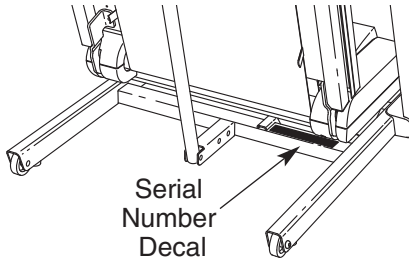
NordicTrack®

A2105

Model No. NTL06907.1
Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:
1-888-825-2588
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.nordictrackservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.nordictrack.com

new products, prizes,
fitness tips, and much more!

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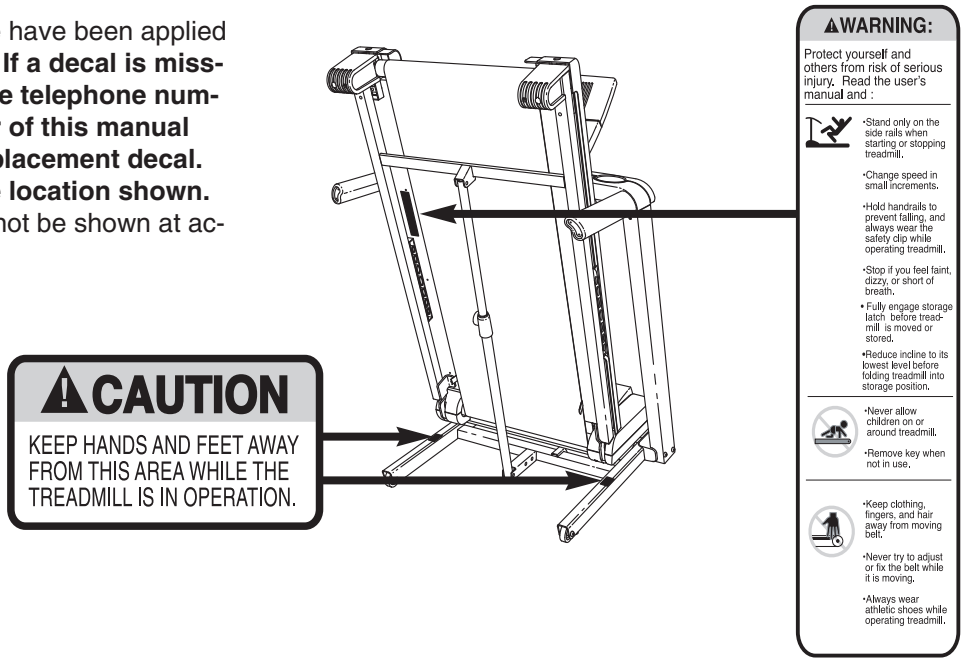
WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.


CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

NordicTrack is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under the age of 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 12), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

12. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 12. To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

13. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

14. **Keep the power cord and the surge suppressor away from heated surfaces.**

15. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 26 if the treadmill is not working properly.)**

16. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 14).**

17. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

18. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

19. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

20. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)**

21. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 24.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

22. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**

23. **Never insert any object into any opening on the treadmill.**

24. **Inspect and properly tighten all parts of the treadmill regularly.**

25. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

26. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

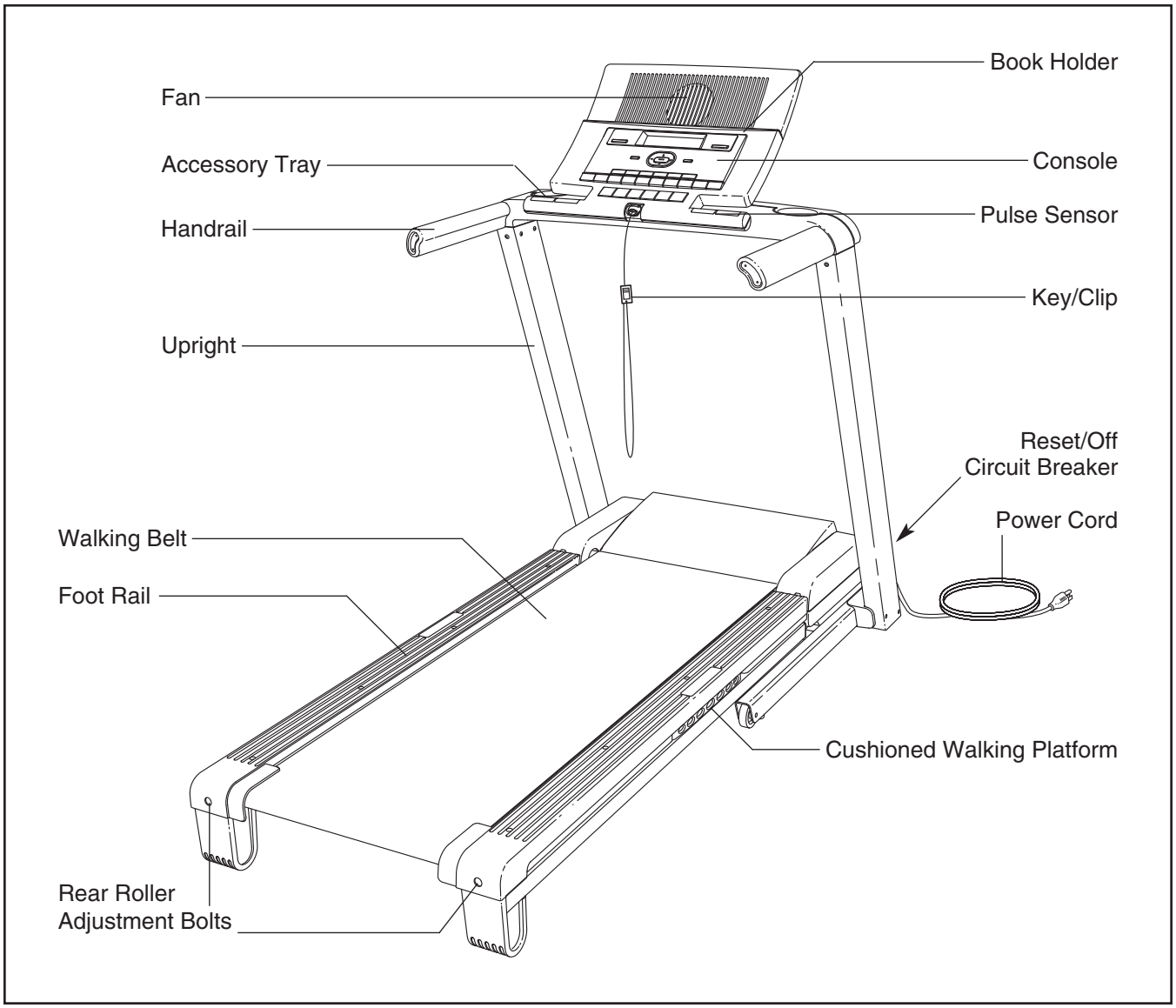
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® A2105 treadmill. The A2105 treadmill offers a selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique A2105 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

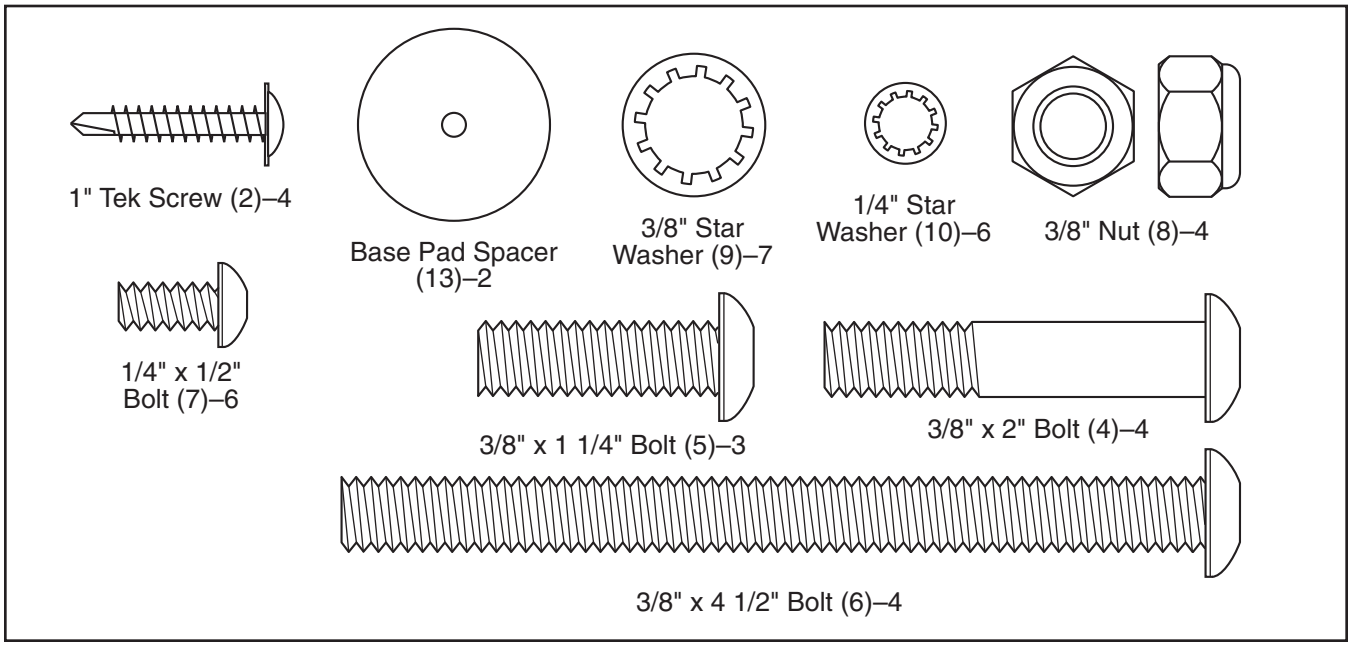


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own Phillips screwdriver and adjustable wrench .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. Note: If a part is not in the parts bag, check to see if it is preattached to one of the parts to be assembled. **To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**


1" Tek Screw (2)–4
Base Pad Spacer (13)–2
3/8" Star Washer (9)–7
1/4" Star Washer (10)–6
3/8" Nut (8)–4
1/4" x 1/2" Bolt (7)–6
3/8" x 1 1/4" Bolt (5)–3
3/8" x 2" Bolt (4)–4
3/8" x 4 1/2" Bolt (6)–4

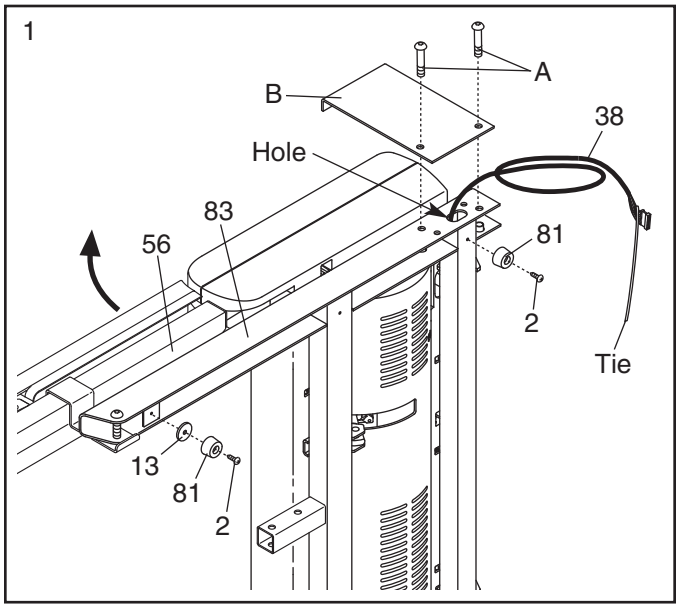
1. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (56) so that the treadmill is more stable; **do not fully fold the Frame yet.**

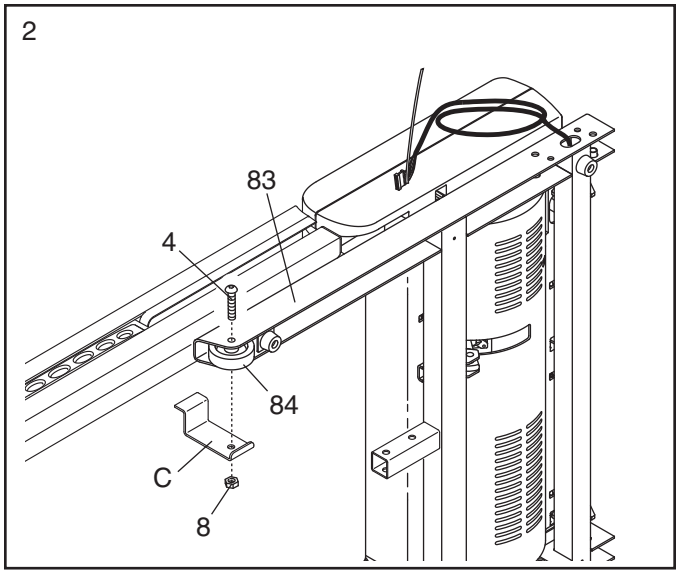
   Remove and discard the two indicated bolts (A) and the shipping bracket (B).

   Cut the tie securing the Upright Wire (38) to the Base (83). Locate the tie in the indicated hole in the Base, and use the tie to pull the Upright Wire out of the hole.

   Attach a Base Pad (81) to the Base (83) in the location shown with a Base Pad Spacer (13) and a 1" Tek Screw (2). Then, attach another Base Pad (81) with only a 1" Tek Screw (2).

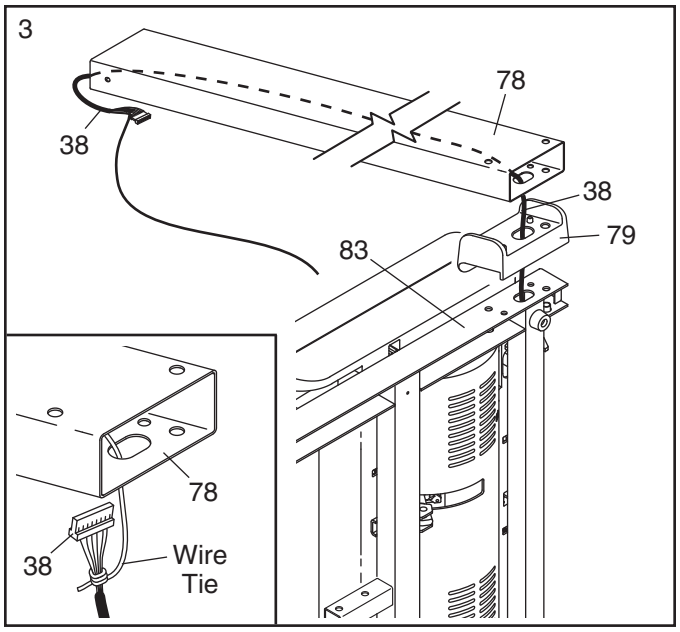


2. Remove the 3/8" Nut (8), the 3/8" x 2" Bolt (4), and the shipping bracket (C) from the Base (83). Attach a Wheel (84) with the Bolt and the Nut that you just removed. **Do not overtighten the Nut; the Wheel must turn freely.** Discard the shipping bracket.



3. Identify the Right Upright (78) and the Right Upright Spacer (79), which are marked with stickers. Insert the Upright Wire (38) through the Right Upright Spacer as shown.

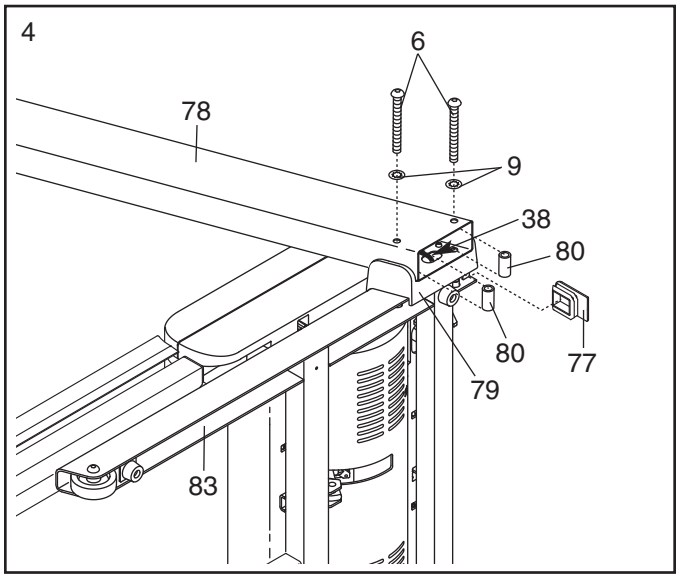
   See the inset drawing. Tie the wire tie in the Right Upright (78) securely around the end of the Upright Wire (38). With the help of a second person, hold the Right Upright near the Base (83). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.



4. Hold a Bolt Spacer (80) inside the lower end of the Right Upright (78). Insert a 3/8" x 4 1/2" Bolt (6) with a 3/8" Star Washer (9) into the Right Upright and the Bolt Spacer. Repeat this step with a second Bolt Spacer (80), 3/8" x 4 1/2" Bolt (6), and 3/8" Star Washer (9).

   Hold the Right Upright Spacer (79) and the Right Upright (78) against the Base (83). **Be careful not to pinch the Upright Wire (38).** Finger tighten the 3/8" x 4 1/2" Bolts (6); **do not fully tighten the Bolts yet.**

   Press a Base Endcap (77) into the Base (83).

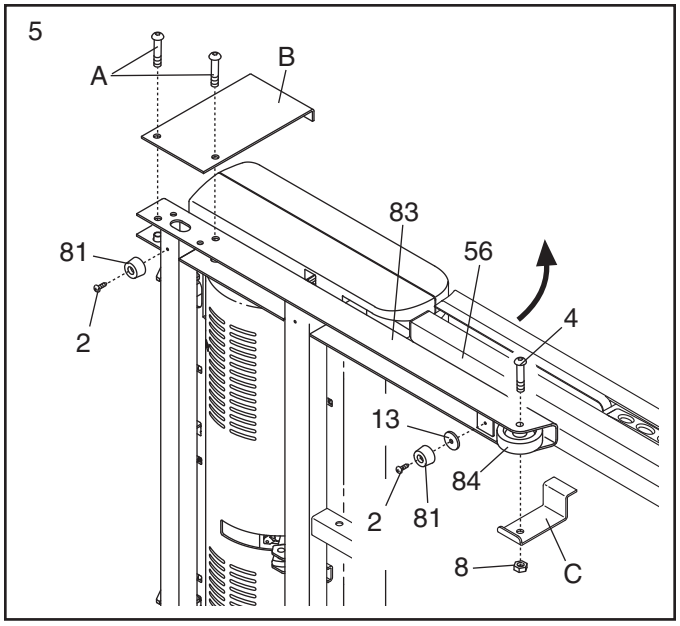


5. With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (56) so the treadmill is more stable; **do not fully fold the Frame yet.**

   Remove and discard the two indicated bolts (A) and the shipping bracket (B).

   Attach a Base Pad (81) to the Base (83) in the location shown with a 1" Tek Screw (2) and a Base Pad Spacer (13). Then, attach another Base Pad (81) with only a 1" Tek Screw (2).

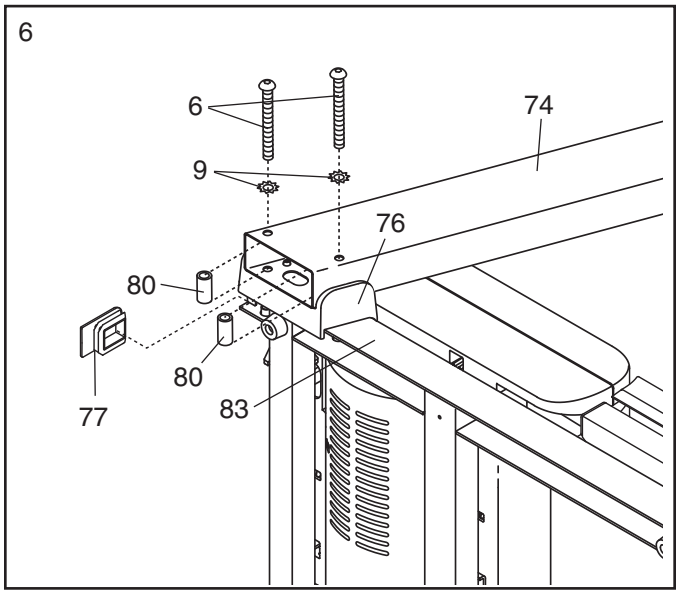
   Remove the 3/8" Nut (8), the 3/8" x 2" Bolt (4), and the shipping bracket (C) from the Base (83). Attach a Wheel (84) with the Bolt and the Nut that you just removed. **Do not overtighten the Nut; the Wheel must turn freely.** Discard the shipping bracket.



6. With the help of a second person, hold a Bolt Spacer (80) inside the lower end of the Left Upright (74). Insert a 3/8" x 4 1/2" Bolt (6) with a 3/8" Star Washer (9) into the Left Upright and the Bolt Spacer. Repeat this step with a second Bolt Spacer (80), 3/8" x 4 1/2" Bolt (6), and 3/8" Star Washer (9).

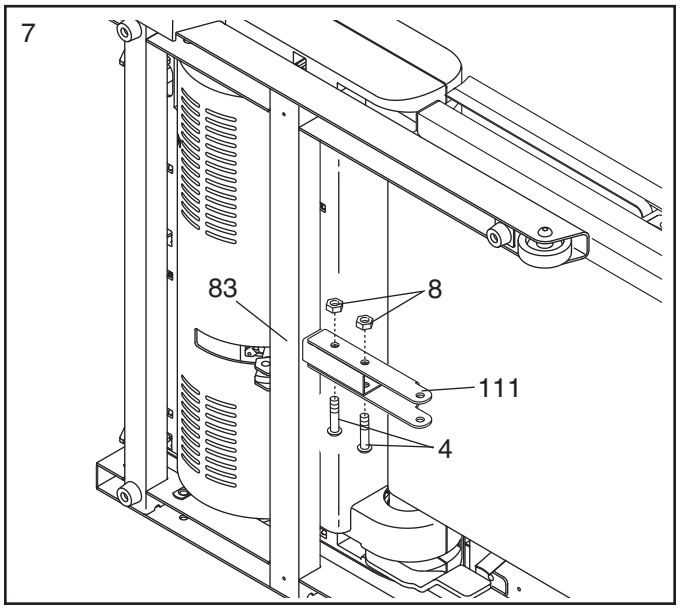
   Orient the Left Upright (74) and the Left Upright Spacer (76) as shown. Hold the Left Upright Spacer and the Left Upright against the Base (83). Finger tighten the two 3/8" x 4 1/2" Bolts (6); **do not fully tighten the Bolts yet.**

   Press a Base Endcap (77) into Base (83).



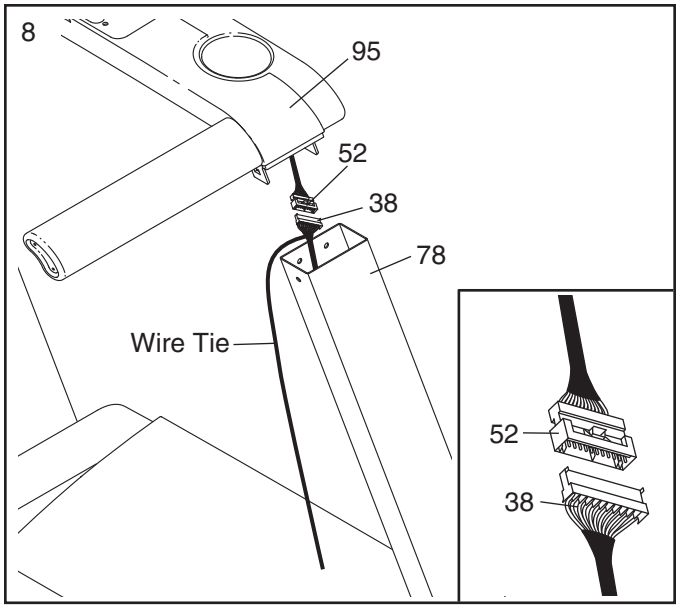
7. Attach the Latch Bracket (111) to the Base (83) with two 3/8" x 2" Bolts (4) and 3/8" Nuts (8).

   With the help of a second person, tip the treadmill so that the Base (83) is flat on the floor.



8. Have a second person hold the Bridge (95) near the Right Upright (78). Remove the wire tie from the Upright Wire (38).

   Connect the Upright Wire (38) to the Bridge Wire (52). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

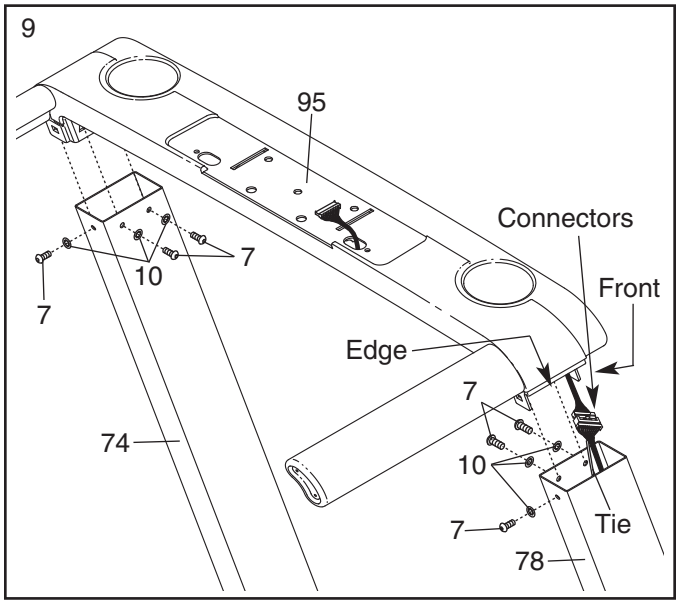


9. Insert the indicated connectors and tie into the Right Upright (78).

   Next, insert the fronts of the brackets on the Bridge (95) into the Uprights (74, 78), and then fully insert the brackets. Make sure that the plastic edges of the Bridge (95) are inside the Uprights.

   Attach the Bridge (95) with six 1/4" x 1/2" Bolts (7) and six 1/4" Star Washers (10); **start all six Bolts and then tighten them.**

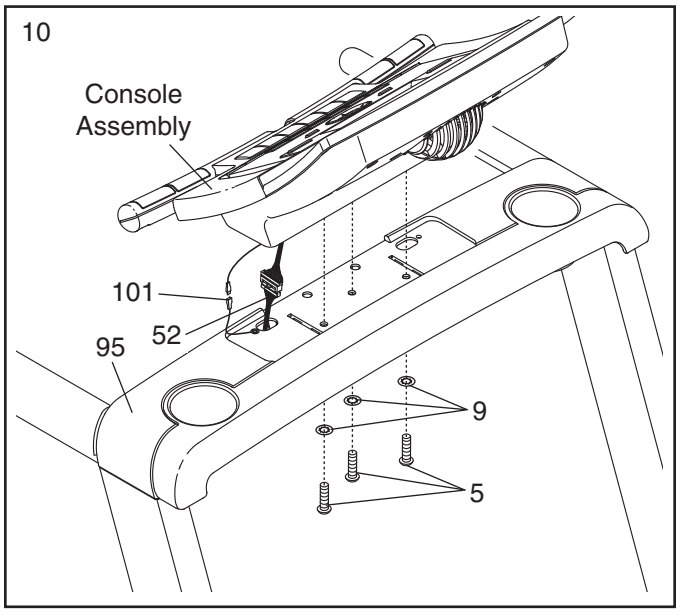
   See steps 4 and 6. Tighten the four 3/8" x 4 1/2" Bolts (6).



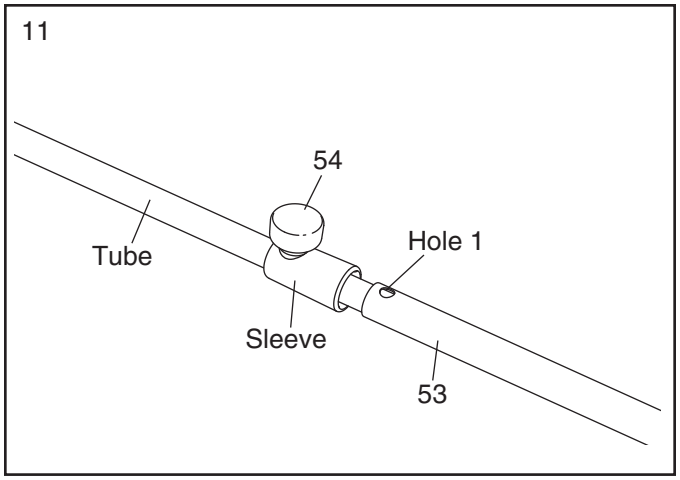
10. With the help of a second person, hold the console assembly near the Bridge (95). Connect the Bridge Wire (52) to the console assembly wire. **Make sure to connect the connectors properly (see the inset drawing in step 7). The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

    Connect the Console Ground Wire (101) to the console assembly ground wire. Insert the wires into the console assembly.

    Attach the console assembly with three 3/8" x 1 1/4" Bolts (5) and three 3/8" Star Washers (9). **Be careful not to pinch the wires.**



11. Identify the Storage Latch (53). Remove the tie from the end of the tube. Make sure that the sleeve has been slid over hole 1 and that the Latch Knob (54) is locked into hole 1. **Pull on the sleeve to make sure that it is locked into place.**

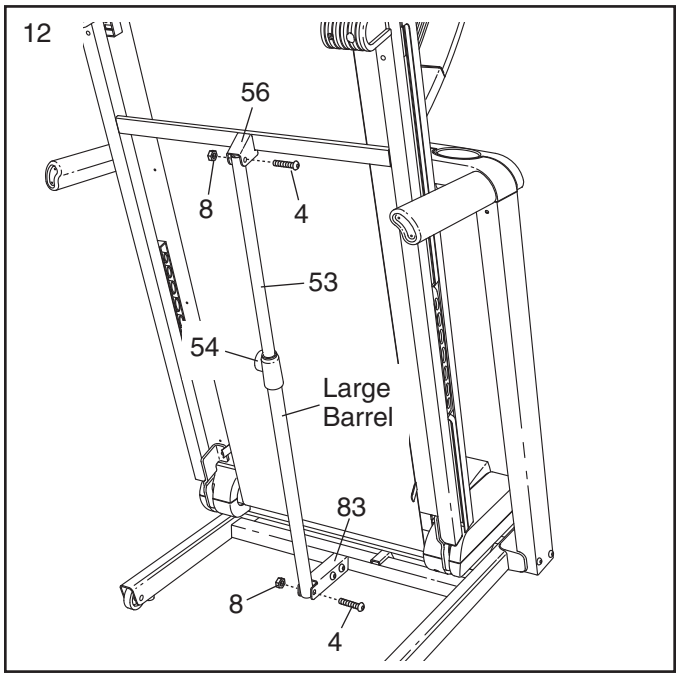


12. Raise the Frame (56) to the position shown. **Have a second person hold the Frame until this step is completed.**

    Orient the Storage Latch (53) so that the large barrel and the Latch Knob (54) are in the positions shown. Attach the lower end of the Storage Latch to the bracket on the Base (83) with a 3/8" x 2" Bolt (4) and a 3/8" Nut (8).

    Attach the upper end of the Storage Latch (53) to the bracket on the Frame (56) with a 3/8" x 2" Bolt (4) and a 3/8" Nut (8). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

    Lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 25).



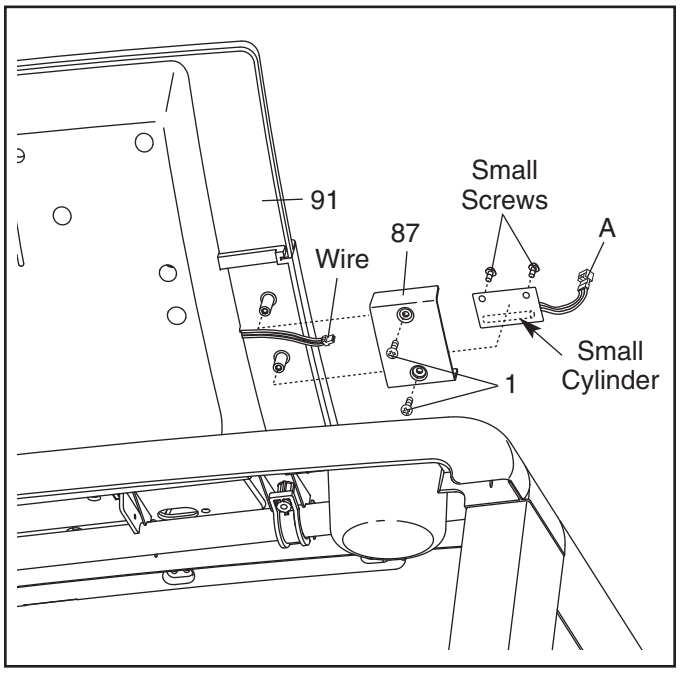
13. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 27).

If you purchase the optional chest pulse sensor (see page 23), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated 1/2" Screws (1) and the Access Door (87) from the Console Back (91).

2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Back (91). **Hold the receiver so the small cylinder is oriented and is facing the Console Back.** Attach the receiver to the plastic posts on the Access Door (87) with the two included small screws.

3. **Make sure that no wires are pinched.** Reattach the Access Door (87) with the 1/2" Screws (1). Discard the other wires included with the receiver.



OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

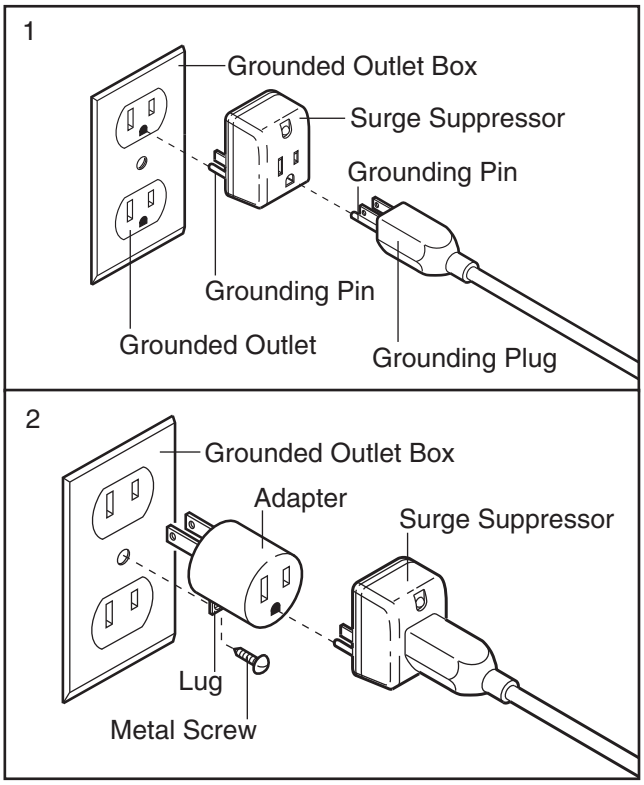
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

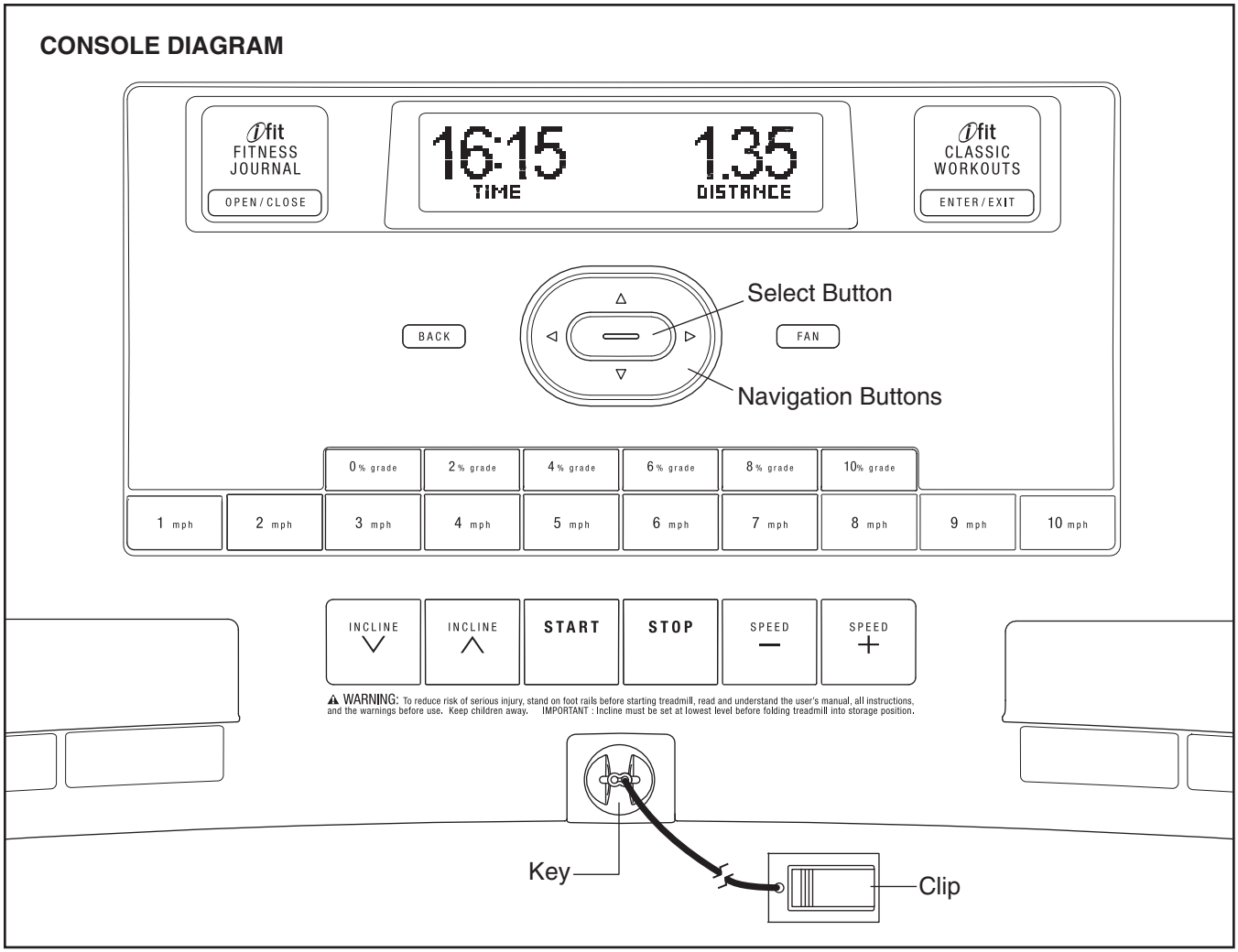
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

This revolutionary treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor.

In addition, the console features six preset workouts and eight weight loss workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

You can even create two of your own learn workouts and save them for future use.

The console also features a fitness journal, which automatically records and stores your exercise information so that you can view your workout history and track your progress.

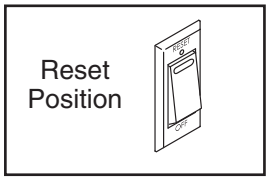
To turn on the power, follow the steps on page 14. **To personalize console settings,** see page 14. **To identify yourself as User 1 or User 2,** see page 15. **To use the manual mode**, see page 16. **To use a preset workout or a weight loss workout**, see page 17. **To create a learn workout,** see page 19. **To use a learn workout**, see page 20. **To view the fitness journal**, see page 22. **To reset the fitness journal,** see page 23.

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 28).

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 12). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 23 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 13) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO PERSONALIZE CONSOLE SETTINGS

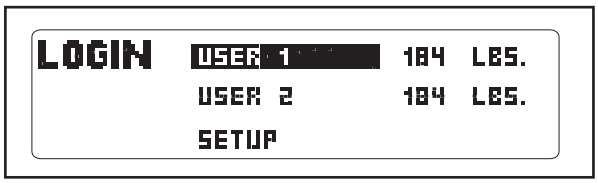
The console has a user mode that allows you to designate yourself as User 1 or User 2, enter user information before you begin exercising, and select console settings. The user information you enter will also be recorded and stored in the fitness journal, which allows you to view your workout history (see HOW TO VIEW THE FITNESS JOURNAL on page 22).

Follow the steps below to personalize console settings.

1. **Select the user mode.**

   To select the user mode, press the Select button (see the drawing on page 13). The console can store information and keep track of workout history for two different users.

   When you select the user mode, the word LOGIN will appear in the display for a few seconds and then the user mode menu will appear.

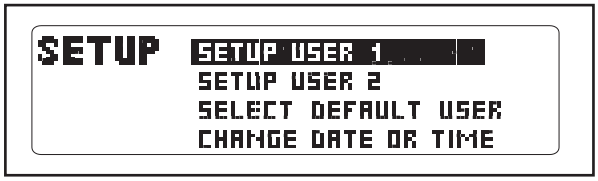


Important: To highlight options within a menu, press the up, down, left, or right Navigation button. To select options within a menu, press the Select button (see the drawing on page 13).

Note: To exit the user mode at any time, press the Back button repeatedly until the manual mode is selected (see page 16). To re-enter the user mode from the manual mode, press the Select button.

2. **Enter user information.**

   To enter your user information, first highlight the SETUP option and press the Select button. The setup menu will then appear in the display.



Next, highlight the SETUP USER 1 or SETUP USER 2 option and press the Select button. The user information menu will then appear in the display.

You can now enter your name and your weight. Highlight the desired option in the menu and press the Select button. A flashing cursor will appear in a field in the display. To enter a number or letter above the cursor, press the up or down Navigation button. To move the cursor, press the left or right Navigation button. When you have finished entering the desired numbers or letters in the field, press the Select button. Repeat this action to enter all the desired user information. Note: For more information about the RESET JOURNAL option, see page 23.

To exit the user information menu, press the Back button. The setup menu will then appear in the display.

3. Select a default user setting.

The console can record, store, and load information for two different users. The default user setting allows you to choose the user information that will be loaded and recorded when you turn on the console at the beginning of a workout session.

To select a default user setting, first highlight the SELECT DEFAULT USER option in the setup menu and press the Select button. A list of default user options will then appear in the display.

To select a default user option, press the up or down Navigation button until an arrow appears next to the desired option. Then, press the Select button. When you select an option, an "x" will appear in the box next to the selected option.

Note: You can also turn on or turn off the welcome screen from this menu. If the SHOW WELCOME SCREEN option is selected, then a welcome message with the name of the selected user will appear in the display each time you turn on the console.

To exit the default user menu, press the Back button. The setup menu will then appear in the display.

4. Set the date and time.

Setting the date and time will allow the console to record your workout history accurately in the fitness journal.

To set the date and time, first highlight the CHANGE DATE OR TIME option in the setup menu and press the Select button. The date setting will then appear in the display.

To set the date, first press the left or right Navigation button to highlight the month, day, or year field. Then, press the up or down Navigation button to select the desired month, day, or year.

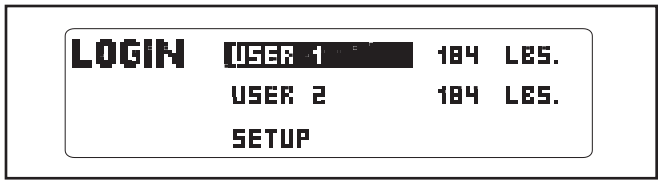
When you have finished setting the date, press the Select button. The time setting will then appear in the display.

To set the time, first press the left or right Navigation button to select the hour or minute field. Then, press the up or down Navigation button to select the desired hour or minute; **make sure to select the correct AM or PM time in the hour field.** When you have finished setting the time, press the Select button. The console will then exit the user mode.

HOW TO IDENTIFY YOURSELF AS USER 1 OR USER 2

The console can load information and keep track of the workout history for two different users. To identify yourself as User 1 or User 2 for a workout session, first press the Select button and enter the user mode.

The word LOGIN will appear in the display for a few seconds and then the user mode menu will appear. Press the up or down Navigation button to highlight USER 1 or USER 2. Note: If you have personalized the console settings (see page 14), then the name you entered will appear instead of USER 1 or USER 2.



Then, press the Select button to confirm your choice. The console will then exit the user mode.

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

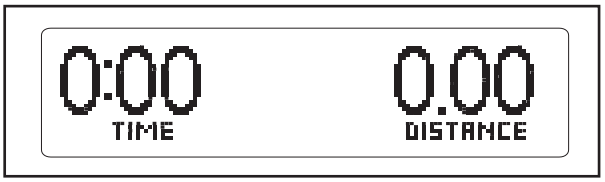
   See HOW TO TURN ON THE POWER on page 14.

2. **Personalize console settings if desired.**

   See HOW TO PERSONALIZE CONSOLE SETTINGS on page 14.

3. **Select the manual mode.**

   Each time you insert the key, the manual mode will be selected. If you have selected a workout, press the Classic Workouts Enter/Exit button to return to the manual mode.



4. **Start the walking belt and adjust the speed.**

   To start the walking belt, press the Start button, the Speed + button, or one of the ten numbered speed buttons. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed.

   If you press the Start button or the Speed + button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed + and – buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. If you press one of the ten numbered speed buttons, the walking belt will gradually increase in speed until it reaches the selected speed setting.

   To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed + button, or one of the ten numbered speed buttons.

5. **Change the incline of the treadmill as desired.**

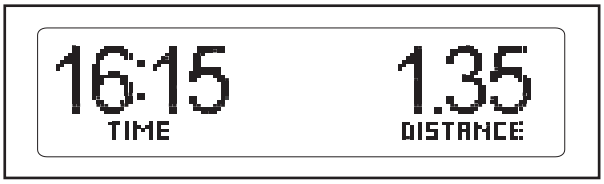
   To change the incline of the treadmill, press the Incline increase or decrease buttons, or one of the six numbered percent grade buttons. Each time you press a button, the incline will gradually adjust until it reaches the selected incline setting.

6. **Follow your progress with the display.**

   As you walk or run on the treadmill, the display can show the following workout information:

   - The elapsed time.
   - The distance that you have walked or run.
   - The speed of the walking belt.
   - The incline level of the treadmill.
   - The approximate number of calories you have burned.
   - The date.
   - Your heart rate. Note: Your heart rate can be displayed only while you use the handgrip pulse sensor or the optional chest pulse sensor.
   - The display can also show an animation of a runner. As you increase or decrease the speed of the walking belt, the runner will speed up or slow down.

   The console offers two display options. The display option you select will determine which workout information is shown. Press the left or right Navigation button repeatedly to select the desired display option.



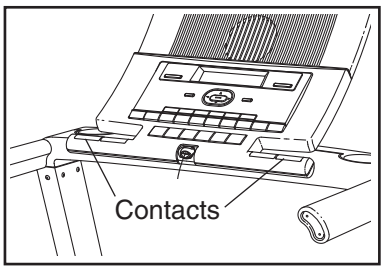
   Note: Regardless of which display mode you select, the speed or incline setting will appear in the display for a few seconds each time you change the setting. In addition, your heart rate will appear in the display each time you use the handgrip pulse sensor (see step 7 on page 17).

   Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 23. **Note: For simplicity, all instructions in this section refer to miles.**

7. **Measure your heart rate if desired.**

You can measure your heart rate using either the handgrip pulse sensor or the optional chest pulse sensor (see page 23 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands**. When your pulse is detected, a heart symbol will flash in the display, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

Note: If you have selected a workout, then your heart rate will be shown in a pulse display along with other exercise information.

8. **Turn on the fan if desired.**

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt stops, the fan will automatically turn off after a few minutes.

9. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **Important: If you do not do this, the electrical components of the treadmill may wear prematurely.**

HOW TO USE A PRESET WORKOUT OR A WEIGHT LOSS WORKOUT

1. **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 14.

2. **Select the workout menu.**

To select the workout menu, press the Classic Workouts Enter/Exit button. The workout menu will then appear in the display.

3. **Select a preset workout or a weight loss workout.**

To select one of the six preset workouts or one of the eight weight loss workouts, first press the left or right Navigation button to highlight the PRESET WORKOUTS option or the WEIGHT LOSS WORKOUTS option, and then press the Select button.

Then, press the left and right or the up or down Navigation button until the name of the desired preset or weight loss workout appears in the display. Note: To return to a previous menu, press the Back button. To return to the manual mode, press the Classic Workouts Enter/Exit button.

When you select a preset workout or a weight loss workout, the display will show the name of the workout, the workout time, the maximum incline setting, and the maximum speed setting. In addition, a profile of the speed settings of the workout will appear in the display.

Each preset workout is divided into 30 one-minute

segments. Each weight loss workout is divided into 20, 30, 40, or 45 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

4. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

5. **Follow your progress with the display.**

   When you select a preset workout or a weight loss workout, the display will show the time remaining in the workout, the distance you have walked or run, the approximate number of calories you have burned, the incline level, and the speed of the walking belt.

   In addition, a profile of the speed settings of the workout will appear in the display. A small arrow below the profile will indicate your progress.

   At the end of the first one-minute segment of the workout, a series of tones will sound. If a different speed setting and/or incline level is programmed for the second segment, the speed setting and/or incline level will flash in the display for a moment to alert you. The treadmill will then automatically adjust to the speed and incline settings for the second segment.

   The workout will continue in this way until the small arrow reaches the right end of the profile. The walking belt will then slow to a stop.

   If the speed setting or incline level for the current segment is too high or too low, you can override the setting by pressing the Speed or Incline buttons; however, when the next segment begins, **the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

6. **Measure your heart rate if desired.**

   See step 7 on page 17.

7. **Turn on the fan if desired.**

   See step 8 on page 17.

8. **When you are finished exercising, remove the key from the console.**

   See step 9 on page 17.

HOW TO CREATE A LEARN WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 14.

2. **Select the workout menu.**

   To select the workout menu, press the Classic Workouts Enter/Exit button. The workout menu will then appear in the display.

3. **Select a learn workout.**

   To select one of the two learn workouts, first press the left or right Navigation button to highlight the LEARN WORKOUTS option, and then press the Select button.

   Then, press the left and right or the up or down Navigation button until the name of the desired learn workout appears in the display. Note: To return to a previous menu, press the Back button. To return to the manual mode, press the Classic Workouts Enter/Exit button.

   When you select a learn workout, the display will show the name of the workout, the workout time, the maximum incline, and the maximum speed setting. In addition, a profile of the speed settings of the workout will appear in the display.

4. **Press the Start button to start the workout, and program the desired settings.**

   Each learn workout can have up to 40 one-minute segments. You can program one speed setting and one incline setting for each segment.

   To program a speed setting for the first segment, press the Speed + and – buttons or one of the numbered speed buttons. To program an incline setting for each segment, press the Incline increase or decrease buttons, or one of the six numbered percent grade buttons.

   At the end of the first segment, the program will store the current speed setting and the current incline level in memory. Program a speed setting and incline level for the second segment as described above.

   Continue exercising and programming speed and incline settings for up to forty minutes. Press the Stop button twice and then press the Classic Workouts Enter/Exit button when you are finished with your workout. The workout you created will then be stored in memory.

5. **When you are finished exercising, remove the key from the console.**

   See step 9 on page 17.

HOW TO USE A LEARN WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 14.

2. **Select the workout menu.**

   To select the workout menu, press the Classic Workouts Enter/Exit button. The workout menu will then appear in the display.

3. **Select a learn workout.**

   To select one of the two learn workouts, first press the left or right Navigation button to highlight the LEARN WORKOUTS option, and then press the Select button.

   Then, press the left and right or the up or down Navigation button until the name of the desired learn workout appears in the display. Note: To return to a previous menu, press the Back button. To return to the manual mode, press the Classic Workouts Enter/Exit button.

   When you select a learn workout, the display will show the name of the workout, the workout time, the maximum incline setting, and the maximum speed setting. In addition, a profile of the speed settings of the workout will appear in the display. Note: If only three segments of a profile appear in the display, see HOW TO CREATE A LEARN WORKOUT on page 19.

   Each learn workout can have up to 40 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

4. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

5. **Follow your progress with the display.**

   When you select a learn workout, the display will show the time remaining in the workout, the distance you have walked or run, the speed of the walking belt, the incline level, and the approximate number of calories you have burned.

   In addition, a profile of the speed settings of the workout will appear in the display. A small arrow below the profile will indicate your progress.

   At the end of the first one-minute segment of the workout, a series of tones will sound. If a different speed setting and/or incline level is programmed for the second segment, the speed setting and/or incline level will flash in the display for a moment to alert you. The treadmill will then automatically adjust to the speed and incline settings for the second segment.

The workout will continue in this way until the small arrow reaches the right end of the profile. The walking belt will then slow to a stop.

If the speed setting or incline level for the current segment is too high or too low, you can override the setting by pressing the Speed or Incline buttons; however, when the next segment begins, **the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

6. **Change the workout if desired.**

   If desired, you can change the workout while using it. **To change the speed or incline setting for the current segment,** simply press the Speed or Incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the workout,** first wait until the workout ends. Then, press the Start button and program speed and incline settings for as many additional segments as desired; learn workouts can have up to 40 segments. When you have added as many segments as desired, press the Stop button twice and then press the Classic Workouts Enter/Exit button. **To decrease the length of the program,** press the Stop button twice at any time before the program ends, and then press the Classic Workouts Enter/Exit button.

7. **Measure your heart rate if desired.**

   See step 7 on page 17.

8. **Turn on the fan if desired.**

   See step 8 on page 17.

9. **When you are finished exercising, remove the key from the console.**

   See step 9 on page 17.

HOW TO VIEW THE FITNESS JOURNAL

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 14.

2. **Identify yourself as User 1 or User 2.**

   See page 15.

3. **Select the fitness journal.**

   To select the fitness journal, press the Fitness Journal Open/Close button. The console will then load the stored journal information for the selected user.

   Note: As you view the fitness journal, press the Back button at any time to return to the previous menu or display.

   The fitness journal can display the following exercise information for the current year:

   Time—The total number of hours you have walked or run on the treadmill.

   Distance—The total distance you have walked or run on the treadmill.

   Calories—The total approximate number of calories you have burned.

   Average Speed—Your average walking or running speed.

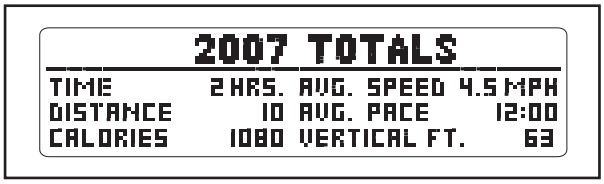
   Average Pace—Your average walking or running pace in minutes per mile or per kilometer.

   Vertical Feet—The distance you have climbed in feet or meters.

   Weight—Your weight, as entered in your user information.

4. **View exercise information by year.**

   When you select the fitness journal, the year totals will appear in the display.



   To view exercise information for a different year, press the up or down Navigation button to change the year. Note: The fitness journal can store information for 11 different years.

5. **View exercise information by month.**

   After a few seconds, the view month menu will appear in the display.

   To view exercise information by month, press the up or down Navigation button to highlight the desired month in the right side of the display. Then, press the Select button. The exercise information for the selected month will appear in the display.

6. **View exercise information by week.**

   After a few seconds, the view week menu will appear in the display.

   To view exercise information by week, press the up or down Navigation button to highlight the desired week in the right side of the display. Then, press the Select button. The exercise information for the selected week will appear in the display.

7. **View exercise information by day.**

   After a few seconds, the view day menu will appear in the display.

   To view exercise information by day, press the left or right Navigation button until an arrow appears above the desired day in the right side of the display. Then, press the Select button. The exercise information for the selected day will appear in the display.

8. **Continue to view the fitness journal as desired.**

   Repeat steps 3 through 6 to view exercise information for the desired year, month, week, or day.

9. **Exit the fitness journal.**

   Press the Fitness Journal Open/Close button to exit the fitness journal at any time.

   Note: To delete the exercise information stored in the fitness journal, see HOW TO RESET THE FITNESS JOURNAL on page 23.

HOW TO RESET THE FITNESS JOURNAL

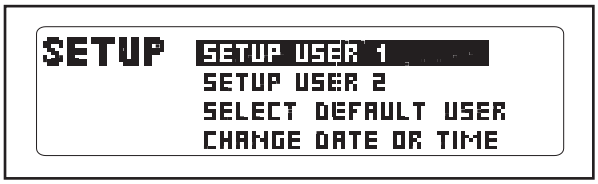
1. **Select the user mode.**

   See step 1 on page 14.

2. **Reset the fitness journal.**

   To delete exercise information stored in the fitness journal, first highlight the SETUP option and then press the Select button. The setup menu will then appear in the display.

   Next, highlight the SETUP USER 1 or SETUP USER 2 option and press the Select button. The user information menu will then appear in the display.



   Then, highlight the RESET JOURNAL option and press the Select button. A confirmation request will appear in the display. To delete the information stored in the fitness journal, use the left and right Navigation buttons to highlight the RESET JOURNAL option and press the Select button. To retain the information stored in the fitness journal, highlight the CANCEL option and press the Select button.

   After you press the Select button, the user information menu will again appear in the display.

3. **Exit the user mode.**

   Press the Back button repeatedly until you have exited the user information menus.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The display will show the total number of hours that the treadmill has been operated and the total number of miles or kilometers that the walking belt has moved.

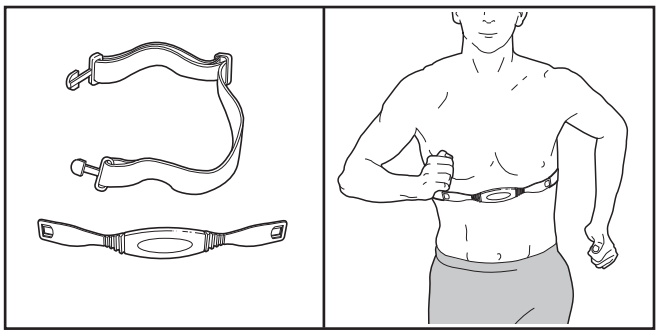
In addition, the display will show the selected unit of measurement. The word “English” will appear for miles or the word “Metric” will appear for kilometers. To change the unit of measurement, press the Speed + button.

Note: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word “ON” will appear in display while the information mode is selected. To turn on or turn off the demo mode, press the Speed – button.

To exit the information mode, remove the key from the console.

THE OPTIONAL CHEST PULSE SENSOR

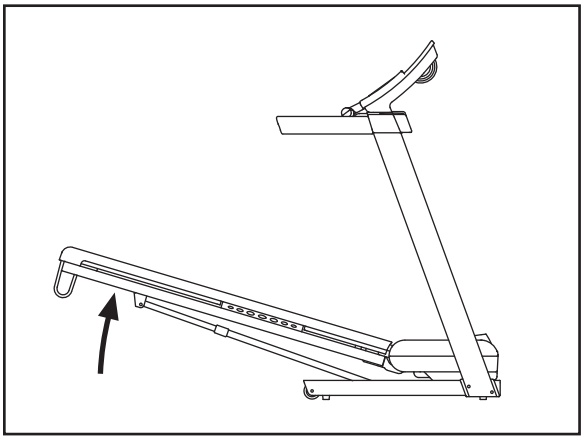
An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**



HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

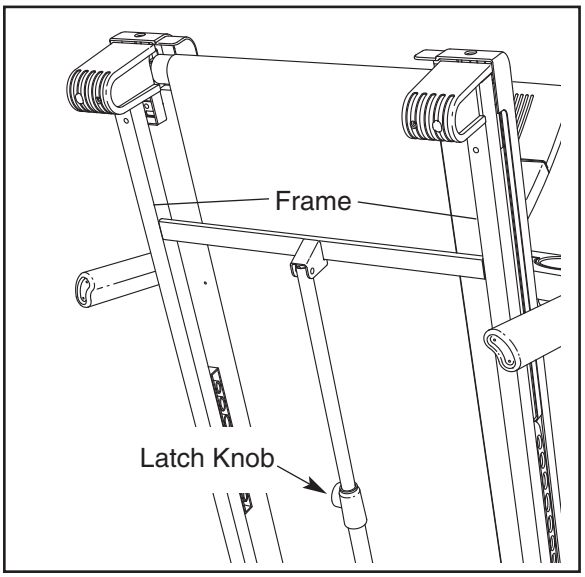
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame.** Raise the frame about halfway to the vertical position.

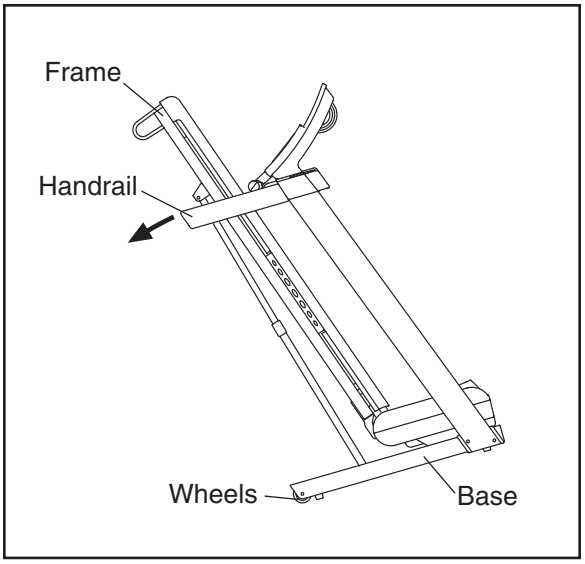
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**



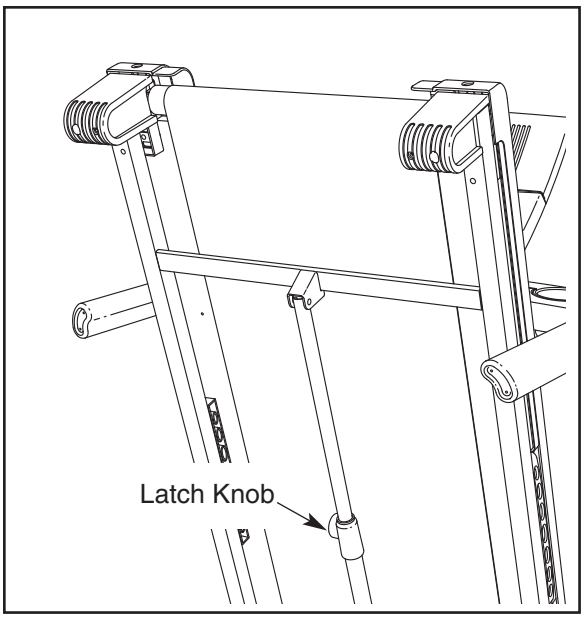
1. Hold a handrail and the frame and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

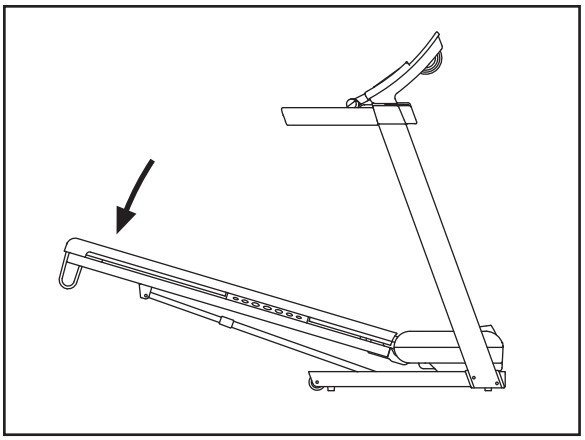
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your left hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.



2. **Hold the metal frame firmly with both hands and lower it to the floor. CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.**



TROUBLESHOOTING

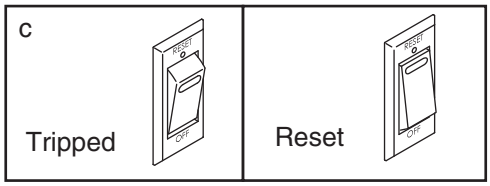
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 12). Use only a single-outlet surge suppressor that meets all of the specifications described on page 12. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

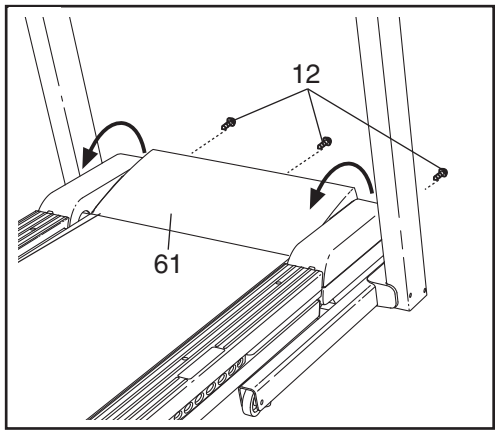
d. If the treadmill still will not run, please see the back cover of this manual.

PROBLEM: The incline of the treadmill does not change correctly

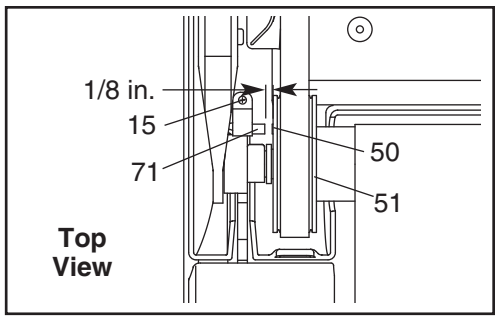
SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the three 3/4" Screws (12) and carefully pivot the Hood (61) off.



Locate the Reed Switch (71) and the Magnet (50) on the left side of the Pulley (51). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the 3/4" Reed Switch Screw (15), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



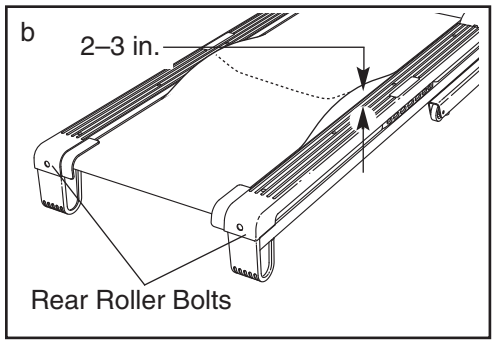
PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 23 to turn off the demo mode.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 12.

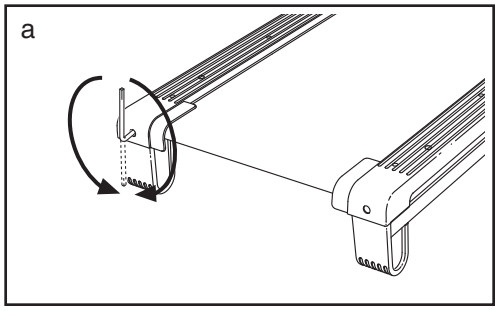
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



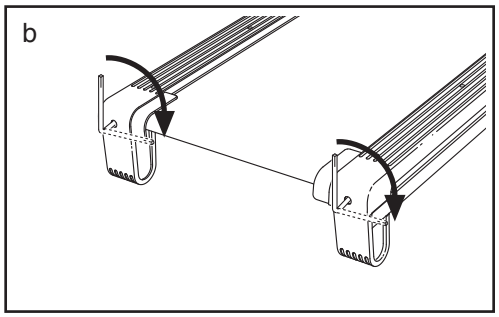
c. If the walking belt still slows when walked on, see the back cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

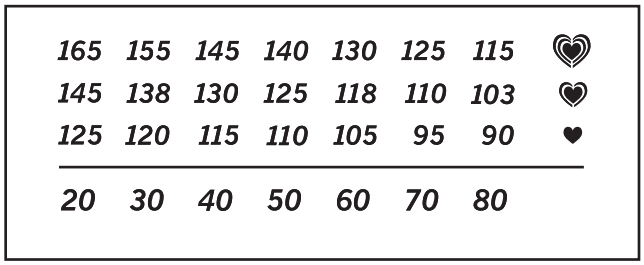
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.



To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. NTL06907.1

R0707A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description
1	29	1/2" Screw
2	4	1" Tek Screw
3	1	Hex Key
4	6	3/8" x 2" Bolt
5	3	3/8" x 1 1/4" Bolt
6	4	3/8" x 4 1/2" Bolt
7	6	1/4" x 1/2" Bolt
8	8	3/8" Nut
9	7	3/8" Star Washer
10	6	1/4" Star Washer
11	5	3/4" Tek Screw
12	8	3/4" Screw
13	2	Base Pad Spacer
14	2	1 1/2" Screw
15	5	3/4" Reed Switch/Rear Foot Screw
16	2	1 3/4" Screw
17	2	5/16" x 1 1/2" Bolt
18	2	5/16" x 3 5/8" Bolt
19	2	3/8" x 1" Bolt
20	2	Rear Roller Bolt
21	1	3/8" x 1 3/4" Motor Bolt
22	1	3/8" x 1 1/2" Bolt
23	2	3/8" x 1" Bolt
24	7	1/2" Ground Screw
25	8	1 1/4" Foot Rail Screw
26	2	1/4" x 3/8" Bolt
27	2	3/8" x 3/4" Bolt
28	1	3/8" x 4" Bolt
29	4	Belt Guide Screw
30	2	1/4" Washer
31	2	1/4" Lock Washer
32	1	3/8" Star Washer
33	6	1/4" Cage Nut
34	3	3/8" Jam Nut
35	2	3/8" Flange Nut
36	4	5/16" Flange Nut
37	3	Hood Clip
38	1	Upright Wire
39	3	Cage Nut
40	2	Foot Rail Decal
41	1	Left Foot Rail
42	1	Warning Decal
43	2	Walking Platform Cushion
44	1	Walking Platform
45	1	Walking Belt
46	2	Belt Guide
47	2	Frame Endcap
48	2	Frame Spacer
49	2	Front Roller Spacer
50	1	Magnet
51	1	Front Roller/Pulley
52	1	Bridge Wire
53	1	Storage Latch
54	1	Latch Knob
55	1	Right Foot Rail
56	1	Frame
57	2	Rear Roller Bracket
58	1	Rear Roller
59	1	Left Rear Foot
60	1	Right Rear Foot
61	1	Hood
62	1	Drive Belt
63	1	Motor Bracket
64	1	Motor
65	1	Lift Frame
66	3	Wire Tie
67	1	Rear Roller Ground Wire
68	1	Power Cord
69	1	Power Cord Grommet
70	1	Controller
71	1	Reed Switch
72	1	Reed Switch Clip
73	1	Belly Pan
74	1	Left Upright
75	1	Incline Motor
76	1	Left Upright Spacer
77	2	Base Endcap
78	1	Right Upright
79	1	Right Upright Spacer
80	4	Bolt Spacer
81	4	Base Pad
82	2	Caution Decal
83	1	Base
84	2	Wheel
85	3	Releasable Tie
86	8	8" Tie
87	1	Access Door
88	1	Book Holder
89	1	Console
90	1	Console Fan
91	1	Console Back
92	1	Console Plastic Tie
93	1	Console Frame
94	1	Cup Holder
95	1	Bridge
96	1	Handrail Base
97	1	Left Hand Grip
98	1	Right Hand Grip
99	2	Console Bracket
100	1	Key/Clip

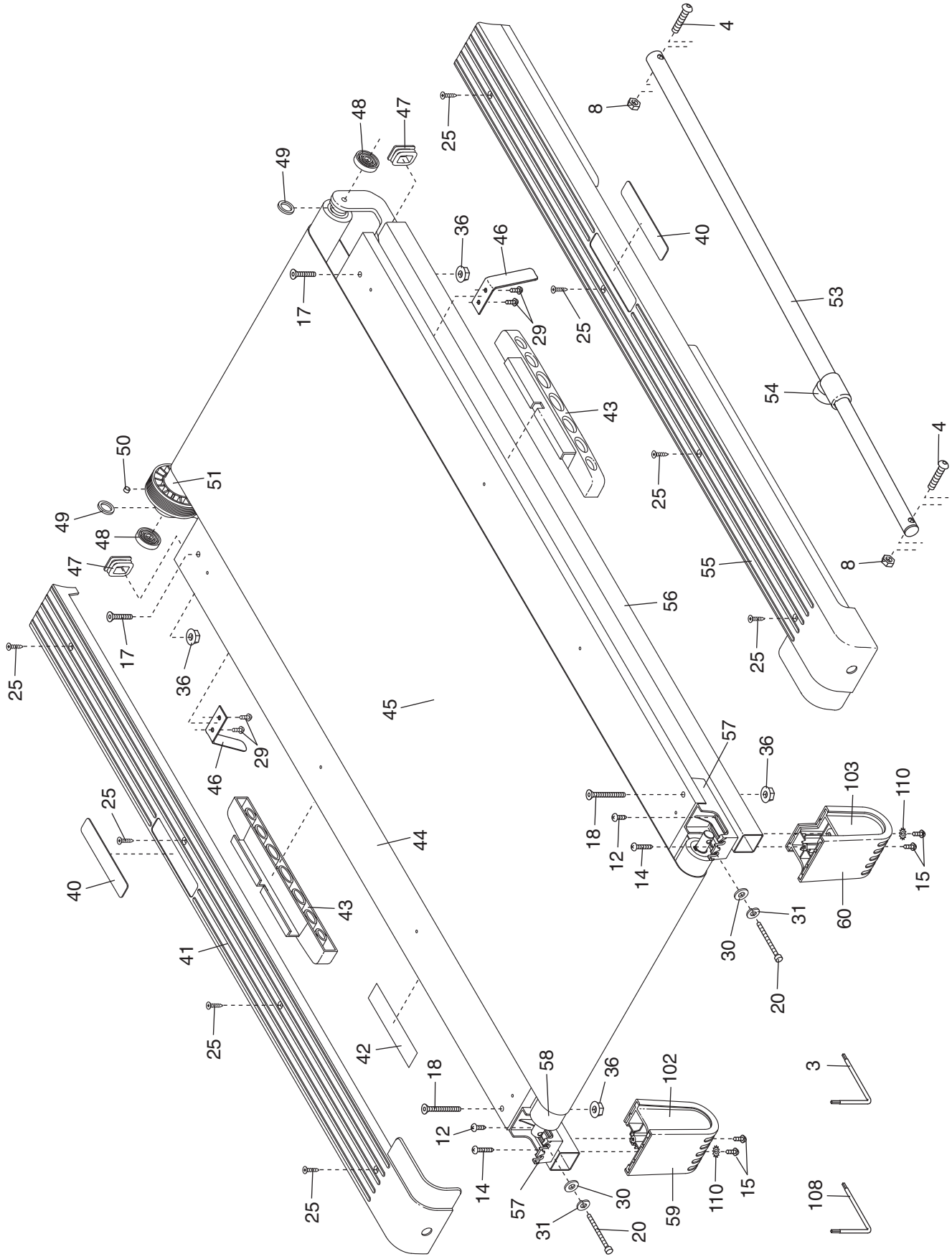
Key No.	Qty.	Description
101	1	Console Ground Wire
102	1	Left Rear Foot Insert
103	1	Right Rear Foot Insert
104	1	Lift Motor Spacer
105	1	Filter Wire
106	1	Reset/Off Circuit Breaker
107	1	Lift Frame Ground Wire
108	1	5/32" Hex Key
109	4	1/2" Console Screw
110	2	#10 Star Washer
111	1	Latch Bracket
112	1	15 1/2" Wire Tie
113	1	1/2" Console Ground Screw
*	–	10" Blue Wire, M/F
*	–	10" Blue Wire, 2F
*	–	6" Blue Wire, 2F
*	–	10" Red Wire, M/F
*	–	8" Black Wire, M/F
*	–	8" Green Wire, F/R
*	–	User's Manual

*These parts are not illustrated.

Specifications are subject to change without notice.

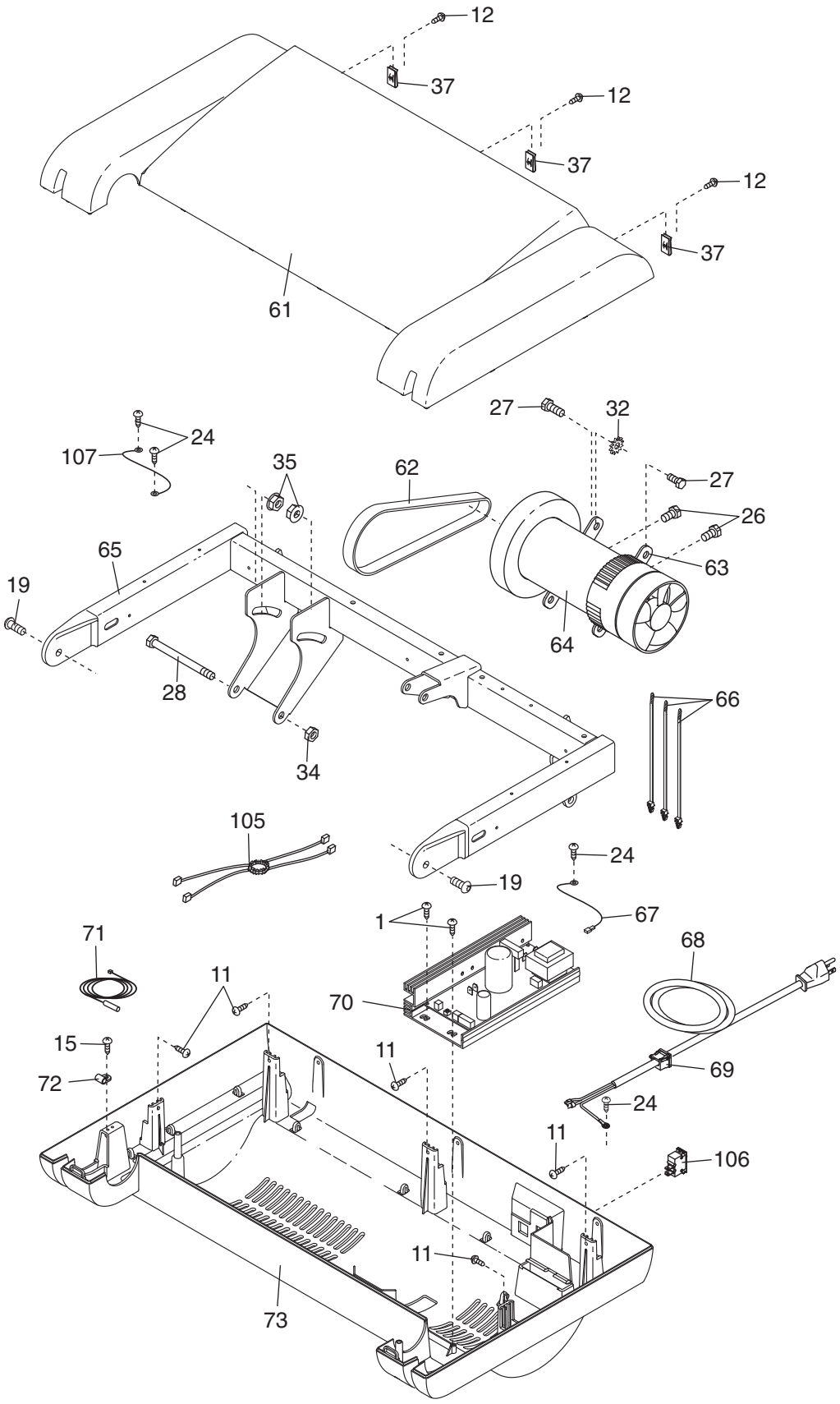
EXPLODED DRAWING A—Model No. NTL06907.1

R0707A



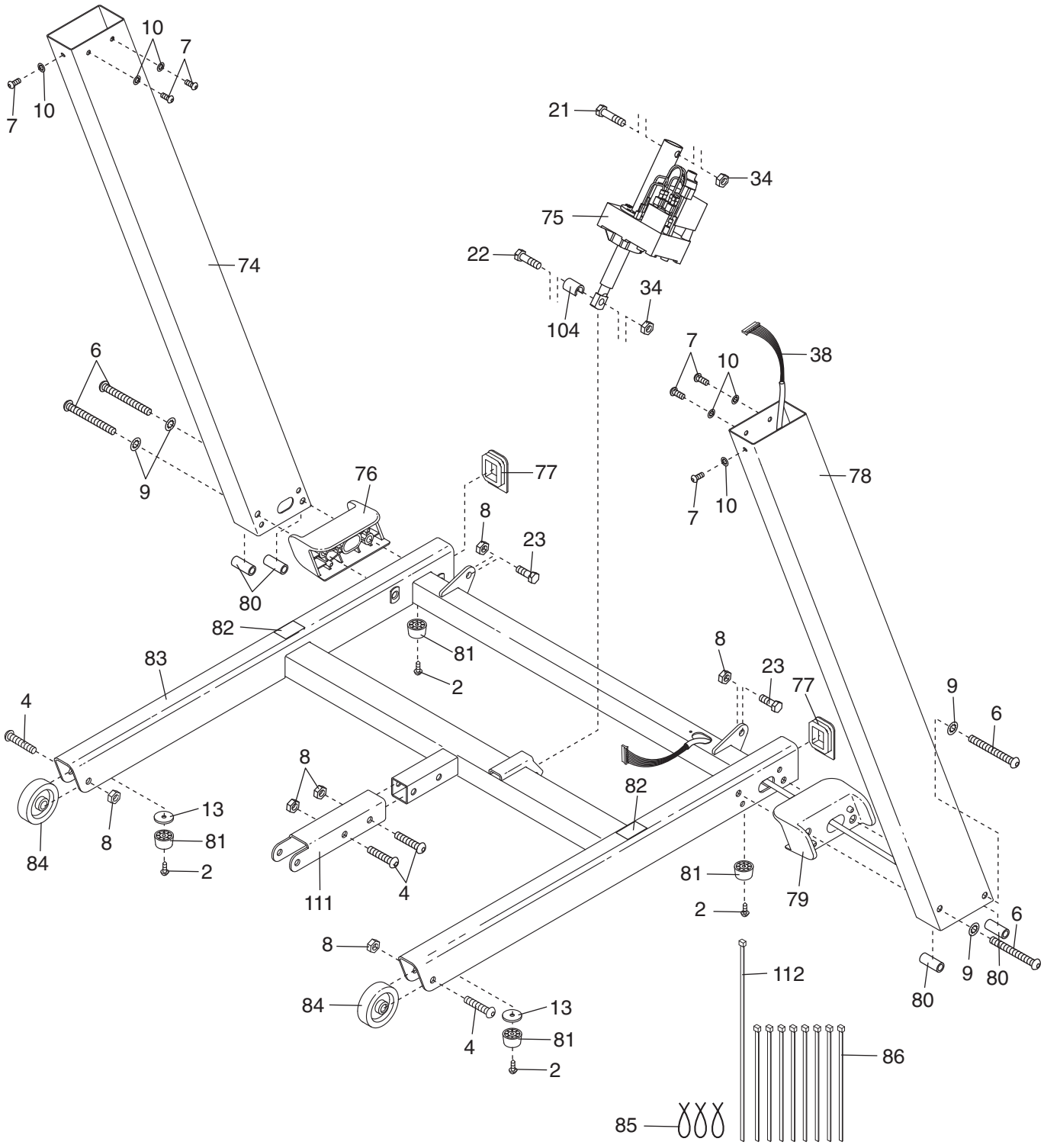
EXPLODED DRAWING B—Model No. NTL06907.1

R0707A



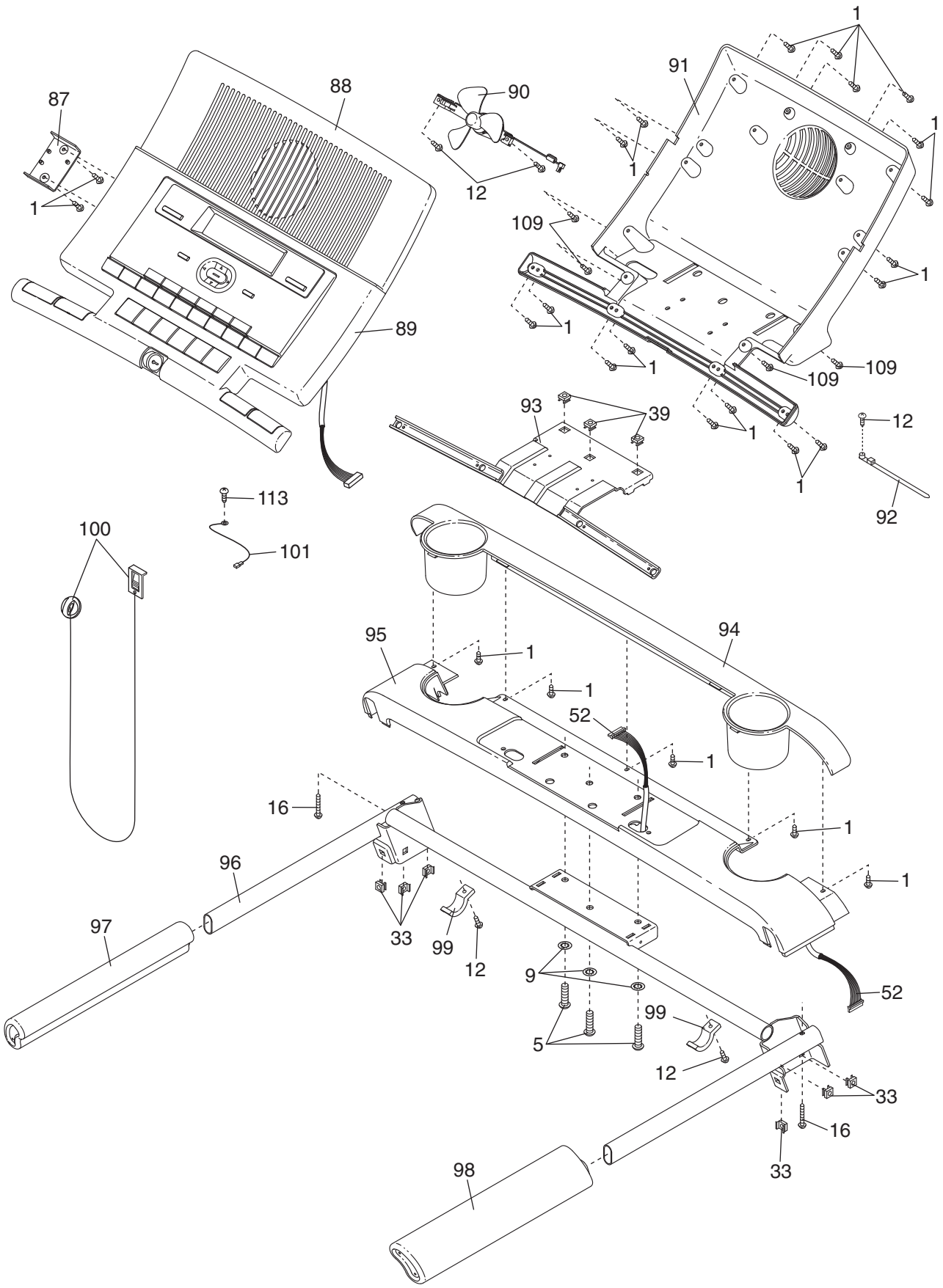
EXPLODED DRAWING C—Model No. NTL06907.1

R0707A



EXPLODED DRAWING D—Model No. NTL06907.1

R0707A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement parts(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for twelve (12) years after the date of purchase. Parts and labor are warranted for one (1) year after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes; or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 255952 R0707A

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